

Wright-Patterson AFB, Ohio

**Environmental, Safety
and Occupational Health
(ESOH) Newsletter**

March 2001



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ECAMP Week is 23-27 April Are You Ready?

by Mary Shelly, Rob Marshall
AFRL/ESOH Office

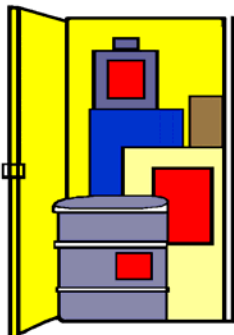
Although environmental compliance isn't just an annual event, the Environmental Compliance, Assessment and Management Program (ECAMP) occurs at Wright-Patterson each spring to evaluate just how well we are doing with regard to environmental issues.

ECAMP was initiated to provide the Base Commander a method for evaluating environmental activities and potential problem areas on Base. Sometime during the week of 23-27 April, an ECAMP evaluation team will be coming to your facility to make an assessment of your workplace. Wright-Patterson is a huge user of hazardous materials and generates a large amount of hazardous waste, so areas where Hazmat is stored as well as Initial Accumulation Points (IAP) where hazardous waste is stored will be of particular interest to the ECAMP team.

Each of us is responsible for maintaining environmental compliance in our work area. Take some time in the next few weeks to make sure your area is in tip-top shape. If you have any questions or find discrepancies, fix them. If they are beyond your control or you have any questions, contact your supervisor, Unit Environmental Coordinator, or Environmental Management at x77152 (preferably in that order). Any corrections that cannot be fixed on the spot should be documented and forwarded to the appropriate branch chief so those identified problems receive proper attention.

Pay Particular Attention to the Following Items:

- a. **Labels** - all hazardous materials and hazardous waste containers must be properly labeled. Check with your Issue Point manager, IAP manager, Unit Environmental Coordinator, or Environmental Management if you need labels.



- b. **Permits** - hazardous waste IAP permits and waste tracking paperwork must be up-to-date and posted. Check the dates on these forms and make sure they are not outdated.
- c. **Hazardous Materials/Waste Storage** - Make sure chemicals and hazardous waste is segregated by hazard class and there is "adequate" secondary containment. (This is a judgment call. A good rule of thumb is to make sure secondary containment can hold at least 110% of the largest container in

the storage area.)

- d. **Spill Plan** - site specific spill plans must be established, posted and updated annually at each area where hazardous materials and waste are stored.

- e. **Training** - RCRA, HAZCOM and/or Chemical Hygiene training and other hazardous materials training should be properly recorded on AF Form 55 for government and military personnel. Contractor personnel may be asked to provide documentation for initial and continuing training for all on-site employees.



- f. **Emergency eye wash and safety showers** - these items will be examined for proper working condition; monthly inspections; and for portable eye wash stations, replenishing of the wash solution every six months.



- g. **Personal Protection Equipment** - PPE must be on hand, clean, and in good working condition. Make sure to USE it too! At a minimum, safety glasses, lab coats, and gloves should be worn at all times in the laboratory. Additional PPE should be worn depending on the hazards associated with the task.

- h. **Hazardous Materials Inventories** - each area where hazardous materials are stored must have an inventory posted at the entrance to the storage area. This inventory must be updated at least quarterly.

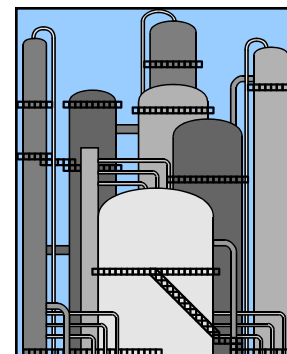
- i. **Solid Waste Management** - effective recycling activities, disposal of proper waste in dumpsters, efficient turn-in of equipment.



- j. **Chemical Hygiene or Hazcom Plans**- must be available in and around areas where hazardous materials are used.

- k. **Hazardous Material Tracking and Control** - HAZMAT inventories as generated by the Integrated Materials Management System will be checked for accuracy and completeness of recorded information. Barcoded containers of hazardous materials may be audited in the IMMS database for completeness of required information.

- l. **Petroleum, Oil and Lubrication (POL) Management** - proper storage, inspection, identification and spill protection measures will be evaluated for all bulk storage of POL (>55-gal, tanks included).



If you have any questions regarding environmental compliance at your organization, make sure to contact your supervisor, Unit Environmental Coordinator, or Environmental Management.



Lockout/Tagout

Energy is all around us. It runs everything from computers to large machinery. Energy can be electrical (current running through wires or cables), hydraulic (liquid moving through pipes or hoses), pneumatic (compressed air or pressurized steam or gas), and mechanical (stored or built up energy in springs).

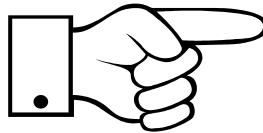
Check out OSHA's 29 CFR 1910.147 and AFOSH STD 91-45 and you'll find regulations dealing with lockout/tagout (LO/TO). The goal of a written lockout/tagout program is to make sure you or anyone working on or near equipment, isn't electrocuted, hit, crushed, or otherwise hurt during machinery service or repair. If you work around machinery or equipment, you need to be trained in lockout/tagout procedures. You may not be the person doing the maintenance or repair, but you could inadvertently injure yourself or someone else if you are not familiar with the proper procedures for your equipment. The following article covers some good basics of a lockout/tagout program.

Lockout/Tagout is the Key to Machine Safety

Debra Charles
Safety Specialist, Lackland AFB

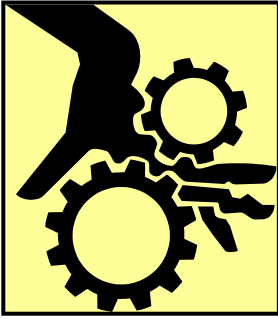
The following elements are critical for a complete and sufficient machine guarding program.

Training. Every employee must be adequately trained and retrained as needed. Training should be appropriate for the level and skill of those working with the machinery. Verify the employees are using the new techniques when their training is complete. If you are responsible for lockout/tagout, have your employees show you how they operate machinery and the steps to change, set up, or clean if hazards are potentially present.



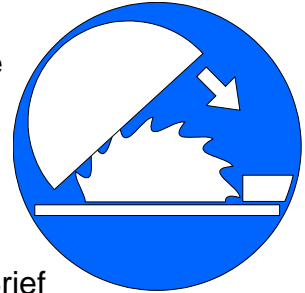
Training must be to the point of second nature in order to work. Don't overload employees with too many difficult concepts, but, rather, keep your training focused on one or two items at a session. Talk it over with the employees. Get feedback on their operations to confirm each understands the dangers involved. Improve the training at every opportunity to keep it fresh and interesting to the employees.

Consistent application of lockout/tagout saves lives and limits property damage, when it's used. The major problem is that employees are not consistent, leave out steps, or otherwise take shortcuts with LOTO. Someone gets hurt, and you are still responsible.



The really bad news is that usually the primary offender who refuses to utilize LOTO causes someone else to be injured, especially a new employee who has not learned all of the tricks yet. Most employees can quote the LOTO procedures automatically. The key is making sure they really use them while working. Check your LOTO application items closely, such as locks, tags, etc. If there is dust on them or employees do not have keys--or, worse, no lockout/tagout procedures are being used at all--start over from the beginning.

Continual use of guards. This means that each and every time a machine is in operation mode, the guards are in place and providing coverage. It is so easy for an employee to remove or otherwise disable a guard on a machine, and after only a few shifts, working without the guard becomes normal.



Machine inspections for working order as well as safety. Brief employees on risk or hazard assessment for injury potential. Be mindful that additional hazards can contribute to accidents, such as a machine slinging oil or even excessive vibration. Make it every employee's job to continually inspect any piece of equipment being used and immediately report any deviation in writing. Watch machinery while in use for application hazards or inadequately guarded points of operation. Watch employees for unsafe behaviors and document these also, after correcting the employees on the spot. Involve shift supervisors and add accountability to their job descriptions, as well as to each employee's job.



Documentation. Written records of guarding in place, when it was installed, training, retraining, machine inspections, and regular scheduled maintenance make your program better.

It can be fancy or simple. Carefully document potential hazards for each machine so each can be guarded adequately. Reducing the chances of injury by unguarded machinery is simple: Provide guards and ensure they are used. The tough part is maintaining these in working order and monitoring relentlessly. Make guarding a high priority at your plant, because this "what if" program pays dividends over the long haul and is certainly worth your diligent efforts. Please refer to AFOSH STD 91-45 or contact your supervisor or safety monitor for more information.

NOTE: Lockout/Tagout Awareness Training will be coming to AFRL soon. Videos on LO/TO are available from the ESOH training office, 255-9000.

CONSTRUCTION REVIEWS CAN SAVE YOUR LIFE

By Capt Philip Goff
Bioenvironmental Engineering
74 AMDS/SGPB

OUR STORY BEGINS SOMETIME IN THE FUTURE

As Dr. Einstein entered the small conference room pondering the upcoming inspection, he noticed the many water stains on the sprayed-on acoustic ceiling. Remnants of years of roof leaks long ago fixed, but no one ever had the money to replace the dilapidated ceiling that now appeared as though the unit's practical joker had spilled coffee on them—from above. *We have to get that ceiling replaced before the IG arrives, he thought, but...there's no way we can pay for a contractor to have it done.*

"Capt Kirk," he ordered, "Have your troops go to Lome Depot, use the IMPAC card, buy some new ceiling tiles, and replace that sprayed-on foam stuff by next Friday. And while you're at it, repaint this room."

"Roger that, Sir, it'll be as good as new," the good captain replied instantly.



ONE MONTH LATER

"Dr. Einstein," Capt Kirk said, "Remember how I was telling you my daughter was acting weird? And the guys and ladies who helped with the ceiling tile and repainting project--their gums turned blue, like mine? Well, we just got our medical tests back and according to Occupational Medicine, we were over exposed to lead! My husband is not happy!"

"Holy poisoned blood! How did that happen?!"

"Well, the Bioenvironmental Engineers are investigating it, but they think it's related to our self-help project--possibly from scraping leaded paint and/or spraying leaded paint without protection. Could you tell me sir, when was this building built and where did we get the paint?," Captain Kirk asked.

Dr. Einstein paused and replied, "The building is from the 1940's, so it is likely the paint was leaded, and the paint...we found it in the shed out back...been there for years."

"The Bio guys thought something like that. They said they'd never have let us do the work ourselves if they or Environmental Management had seen the project plans first--way too dangerous for untrained people."



40 YEARS LATER

"I'm sorry Ma'am, but you have a condition known as asbestosis. There's nothing we can do."

"What!?", Gen Kirk (Ret) yelled. "How could that be?"

"There's only one way," Dr. Howser calmly answered. "Sometime ago, you were exposed to asbestos...were you an asbestos worker?"

"No, I sure wasn't...I flew the Joint Strike Fighter! We fought and repelled the space invaders!"

"Of course...I remember you now--thank you for your heroism. Well, General, at some point, you were exposed to enough asbestos for the fibers to find their way deep into your lungs and sit there while your body fought it all these years, and now you have a disease for which there is no cure."

The famous fighter pilot choked back tears, knowing she had only a few years to enjoy her husband and children. "You know doctor, years and years ago, we scraped off some sprayed-on foam ceiling insulation at work...old as the dinosaurs it was...and we just brushed ourselves off and cleaned up the dust with a normal vacuum cleaner. It looked like a blizzard in the room and we were coated in dust. But we didn't think anything of it. Do ya think...?"

"Absolutely," Dr. Howser said. "Although it's unlikely a one-time exposure would have had an effect, it certainly could have been enough asbestos to do the trick. Once again, I'm sorry...I'll call your husband and children in now."



MORAL OF THE STORY:

Have all your projects (AF Forms 332's, project plans etc.) reviewed by Bioenvironmental Engineering (74 AMDS/SGPB, phone 5-6815 x295, fax 5-3259, email philip.goff@wpafb.af.mil) and Environmental Management (88 ABW/EM, 7-5535) before you buy materials or commence work.

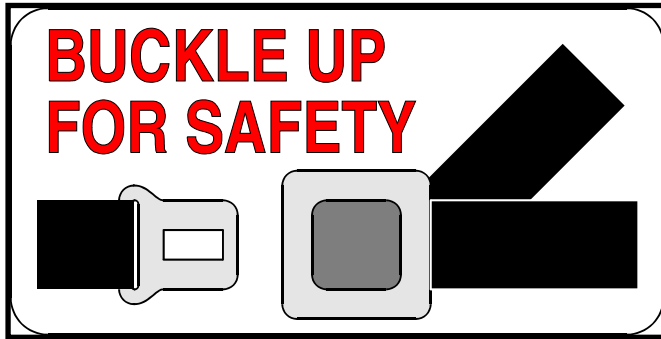
AUTHOR'S NOTES:

1. All characters in this story are purely fictional and in no way represent actual persons alive or dead. Any resemblance to an actual person or event is purely coincidental.
2. This story is fictitious and very exaggerated to demonstrate a point. Real occupational health and safety is much more complicated than this story, so let the professionals help you protect your health.



Seat Belt Safety

By SSgt Kevin Smith
AFRL/PROE Ground Safety



"Seat belts are a hassle", "Seat belts wrinkle my clothes", "I am not going far", "If I am in an accident, I don't want to be trapped by my seat belt!" These are a just a few of the excuses that I have heard people say over the past few years in an attempt to justify why they don't

want to wear a seatbelt. We have all seen the signs along the local highways that say "Buckle up for safety". Four simple words that mean so much.

The fact is that seat belts save lives!

According to a report published by the National Highway Traffic Safety Administration, "Seat belts, when used, reduce the risk of fatal injury to front-seat passenger car occupants by 45 percent and 60 percent for light-truck occupants." It also states that the average in-patient cost for crash victims who were not using safety belts is 55 percent higher than for those who were wearing seat belts. The number of lives that are saved by seat belt is staggering. Yet, there are still people that do not wear seat belts. I have also heard people say "I am not hurting anyone but myself." I would like to tell those people to think about someone close to them, parents, spouse, children, friends, neighbors and try to imagine how you would feel if they were killed because they weren't wearing their seatbelt. Don't buckle up just because it is an Ohio Law or because it is required by Air Force Instructions, do it for yourself, your family, and your friends.

For more information about seat belt safety, visit these web sites or the Base Safety Office.

<http://www.nhtsa.dot.gov/people/ncsa/pdf/OccPrt99.pdf>

<http://www.nhtsa.dot.gov/people/ncsa/factsheet.html>

<http://www.nhtsa.dot.gov/people/>





Ten Tips for Coping with Job Stress

1. Take charge of your situation. To the extent possible, set and re-set priorities. Take care of important (and difficult) things first. Organize your time.
2. Be realistic about what you CAN change. Don't doom yourself to frustration and failure. Do what's possible. Accept the rest.
3. Take one step at a time. Divide each project into manageable steps. Decide on a first step. Do it. Feel better?
4. Be honest with colleagues. This includes the boss. Make it plain you feel in a bind. Chances are others are feeling the same. Don't just complain. Be constructive and make practical suggestions for improvement.
5. Let your employer help. Many companies help their employees deal with the effects of stress through diet, smoking and alcohol clinics, corporate fitness programs and personal counseling and employee assistance programs. Find out what's available to you.
6. Slow down. Learn to say "no." Drop activities that are not crucial.
7. Recognize danger signals. Learn the symptoms of job stress and take action as soon as they appear to be getting out of hand.
8. Take care of your physical health. It increases your stress tolerance and stamina. Eat and sleep sensibly. Cut down on alcohol, tobacco and drugs. Get plenty of exercise.
9. Learn to relax. Find a safety valve, whether it's a sport, hobby, music, reading or just walking. Use it to create a "bridge" between work and home life.
10. Don't neglect your private life. Work out a schedule that allows you to do justice to both work and personal life. Stick to it.



(Source: Channing Bete publication "What everyone should know about Job Stress" and pamphlet "Coping with Your Job" from the National Mental Health Association.)

The WPAFB **Health and Wellness Center** has excellent exercise equipment, dietary and health consultation, a stress management room, tobacco cessation classes, and many other services to help you exercise, reduce stress, and live a more healthy life. Contact the HAWC at x79896 or visit them in Area C, Bldg 209 (where Four Seasons used to be, next to Military Clothing Sales).



ESOH Training and Opportunities



Correction to article titled "Working Safely with Compressed Gas Cylinders" in last month's (February) ESOH Newsletter.

The article stated "check to ensure that bottles are secured with a non-conductive chain or other similar device". The article should have said "all compressed gas cylinders must be secured in place by a chain, strap, or noncombustible material". This is from WPAFB Instruction 32-2001 Paragraph 30.3.

Tornado Safety Training

As a service to all government and non-government employees of AFRL stationed at Wright Patterson, the Wright Site staff office (AFRL/WS) is sponsoring three tornado safety briefings in Building 45 (Area B), Myers Hall during the months of March and April. The dates and starting times are:

Bldg 45 (Area B), Myers Hall

06 March 2001 at 13:00

20 March 2001 at 13:00

10 April 2001 at 10:00

Bldg 653 (Area B), AFRL/ML Cafetorium

15 Mar 2001 at 1400



No registration is necessary--just show up. John Sparks will give the briefing. Each presentation will be approximately one hour in length. Information from the sign-in sheets will be forwarded to supervisors, allowing annotation in office safety-training records. The tornado threat is real!

For questions, contact:

John C. Sparks, Det 1 AFRL/WS WS Operations, DSN: 785-4782

CPR Training



Cardiopulmonary Resuscitation or CPR Training is required for electrical and confined space workers per 29 CFR 1910.151. The American Heart Association recommends CPR refresher training every two years and the American Red Cross recommends CPR refresher training every year.

CPR training (per the American Heart Association) is taught at the Base Hospital every Tuesday provided that there are enough students for a class. If you are interested in receiving CPR training, contact Marcia Wilson at x79347.

RCRA Hazardous Waste Training

Initial Training - 15 Mar, 17 May, 19 Jul, 20 Sep, 15 Nov 01
Schedule with [Shelly Baty](#) x77152 x281

Annual Refresher Training - AFRL Only
8 Mar, 10 May, 12 Jul 01, 13 Sep, 8 Nov 01
Schedule with [Mary Shelly](#) x59000

Organizations other than AFRL - Refresher Training:
19 Apr, 21 Jun, 16 Aug, 18 Oct, 20 Dec 01
Schedule with [Shelly Baty](#) x77152 x281



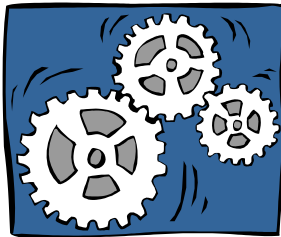
ESOH Awareness Training - 11 Apr, 11 Jul, 10 Oct 01

Schedule with Public Health at 52515

This course covers a broad range of topics and requirements that apply to all of us at Wright-Patterson. This course is highly recommended for all employees on Base, including contractors.

Operational Risk Management Training (Level II)

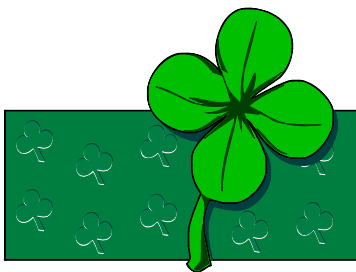
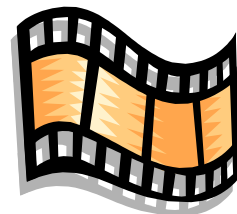
Call Chuck Swankhaus at 43390 to schedule



This course will teach you the skills necessary to anticipate and avoid costly and possibly injurious mistakes or delays in your program. By learning and applying tools to identify and eliminate potential land mines BEFORE they occur, your project will run more smoothly. This is NOT just a safety program. Any task you're faced with requires proper planning to ensure successful completion.

Lab Safety Videos Available!

Contact [Mary Shelly](#) at x59000 if you would like to see a list of available safety, environmental, or occupational health related videos or borrow any videos.



If you have any suggestions or comments for this newsletter or if you would like to be added / removed from the distribution list, please contact [Mary Shelly](#) at 255-9000.